



Are you **RETURNING** from areas where **ZIKA, CHIKUNGUNYA and DENGUE** viruses are found?

If you develop symptoms of Zika virus infection during/after travel to Zika affected countries, there are things you need to do to protect yourself:

SYMPTOMS OF ZIKA VIRUS INFECTION:

- fever • rash • joint pain
- conjunctivitis (red eyes)

Symptoms typically appear **2 to 7 days** after being bitten by an infected mosquito.

PROTECTION

- ☐ Contact your healthcare provider immediately if you develop symptoms of Zika virus, especially if you are pregnant.
- ☐ Get plenty of **rest and drink fluids** to prevent dehydration. Take medicines such as acetaminophen or paracetamol to reduce fever and pain.
- ☐ **DO NOT** take aspirin or other anti-inflammatory drugs (including Motrin, Ibuprofen, Aleve, Naproxen) unless you are evaluated by a physician.
- ☐ Use an **EPA-registered insect repellent** and take other measures to avoid being bitten by mosquitoes during the first week of illness. This is when the virus can be passed to others through mosquitoes.

PREVENTION

- ☐ When outdoors, prevent mosquito bites by using an **EPA-registered insect repellent** that contains one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus/PMD, or 2-undecanone. Follow product instructions.
- ☐ **Cover up.** Wear long-sleeved shirts, long pants, and socks. For infants, place mosquito netting over infant carriers, cribs, and strollers.
- ☐ Once a week, empty, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check **inside and outside** your home.
- ☐ Install or repair **screens** on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it.

More information at: www.hcphtx.org/Zika